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For Immediate Release

Date: November 10, 2003  
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**Speaker to Address Reducing Stress for Caregivers This Holiday Season, 11/19**

The holiday season can invoke old memories and emotions. It can be stressful for caregivers attempting to continue holiday traditions and past rituals that are no longer appropriate. Find out how to reduce this holiday season's stress by attending the next meeting of the Caregiver Educational Support Group, offered by the Lake County Health Department/Community Health Center.

The meeting will be held at Warren Township Senior Center, located at 17801 W. Washington Street in Gurnee, on Wednesday, November 19, from 1:30 to 3:30 p.m. "Tips to Reduce Stress over the Holidays" will be presented by Angela Johnson, MPH, from the Greater Illinois Alzheimer's Association.

Angela Johnson is the Associate Director of Information and Referral Services at the Alzheimer's Association-Greater Illinois Chapter. Her responsibilities include managing

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the operation of the Chapter's Helpline, providing in-office care consultation and coordinating the Safe Return program for Cook, Kendall, Kane, DuPage, and Lake counties.

Before coming to the Alzheimer's Association-Greater Illinois Chapter, Angela was involved in research projects involving person-centered care in dementia, preventive health care for older adults, and long-term care workforce issues. In addition, Angela has worked in direct care service for long-term care facilities and senior service organizations.

The meeting is free and any caregiver is welcome to attend. For more information, call Sharon Roberts, RN, MA, the Health Department's gerontologist, at (847) 377-8097.

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